

OPTIONAL COMPONENTS

Tests	Description	Should I Get This Test?
Bone Density	Various devices are available for measuring bone density. All are painless, but some involve small amounts of radiation exposure	Yes , if you are female age 65, or age 60 with risk factors for bone fractures. For more information, please see http://www.mayoclinic.com/health/bone-density-tests/WO00024
Cardiac Stress Treadmill	Walking/running on a treadmill with cardiac monitoring	No . Unless someone currently has chest pain or tightness during exercise, stress tests are not generally recommended. Due to the risks and emotional stress associated with having to undergo extensive follow-up studies to evaluate “false positives,” it is now thought that stress tests do more harm than good.
Chest X-ray		No . Chest X-rays in persons without symptoms are not generally recommended. The risks and emotional stress associated with having to undergo extensive follow-up studies to evaluate “false positives” probably outweighs the benefits of screening. This is true even in smokers at high risk of lung cancer.
Coronary Calcium Study	CT scanning to detect calcified plaque	Maybe . A Calcium study may be useful for males with borderline cholesterol levels who are debating whether they should start medication. For more information, see http://www.mayoclinic.com/health/heart-scan/MY00327
Mammogram		Yes , if you are 50 or more. For more information, see http://www.mayoclinic.com/health/mammogram-guidelines/AN02052
Strength and Flexibility Assessment	Various tests of leg, arm, and core strength and flexibility	Yes. It is a good overall assessment of your physical fitness.